

# BBHCA eNews

MAY 2010

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## BBHCA COMMUNITY MEETING

**May 11, 2010 (Tuesday)**

7:30 pm

Bush Hill Elementary School (Cafeteria)

### AGENDA:

Minutes from November Meeting (Vote)

Board and Committee Reports

### New Business:

- 2010-2011 Board Elections
- Bush Hill Historical Marker
- Start-up BBHCA Land Use Task Force

Next meeting will be in mid-September.

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## NEIGHBORHOOD WATCH

### Heat-Related Vehicular Death

By Sonja Butler and Janette Fennell, [www.KidsAndCars.org](http://www.KidsAndCars.org)

As partners in LISSDEP, our agencies alert parents to the dangers of leaving children unattended in vehicles. During the warmer months the frequency of heat-related vehicle deaths increases. Please continue to remind our clients about the risks and just how vulnerable children are since a **child's body temperature rises 3-5 times faster than an adult's** and how quickly a vehicle's interior can heat up. In just ten minutes, **the interior of a vehicle can reach 99° on an 80° day and 114° in 30 minutes**. Children can die of heat stroke in a vehicle on a day when it is only 66 degrees!



### Hot Cars and Kids, a Deadly Combination

It happens once every 10 days, on average—more frequently in the warmer months. A parent unintentionally causes the death of their own child by leaving them in the back of the car where the child succumbs to Heat-related Vehicular Death (HRVD). Why is this unthinkable tragedy happening with such frequency? There are several factors, but paramount is the fact that our brains are not keeping up with the demands of our busy lives.

The stories are similar and usually involve a loving, busy parent hustling off to work; but with a change in routine or even a minor distraction such as a cell phone call—or even a detour—people's lives can be changed forever. Think it couldn't happen to you? It's happened to a dentist, scientist, professor, paralegal, assistant principal and even a clergyman. All were educated, caring parents.

On average, 37 children die in cars each year from heat-related deaths. This phenomenon has increased 10-fold since car seats were moved to the backseat. This does not mean it is safe to place children in the front seat, but it does mean that, out of sight, has sometimes meant "out of mind"—with tragic results. From 1998–2009, there have been more than 445 heat-related vehicular deaths for infants and children. The National Highway Traffic Safety Administration reports, according to new research, this is the leading cause of non-crash vehicle deaths.

### Contributing Factors in Heat-related Death

A child's body temperature rises 3 to 5 times faster than an adult's, making them more vulnerable to temperature changes. And even with the windows partially down, the temperature inside a parked car can reach 125 degrees

in just minutes. In a process similar to that of a green house, vehicle interiors heat up rapidly, with the majority of the temperature rise occurring within the first 15 to 30 minutes. Leaving the windows opened slightly does not significantly slow the heating process or decrease the maximum temperature attained.

### When Memory Fails

But how can a parent fail to remember something—someone—so important? A combination of a lack of sleep, stress, emotion, and change of routine are often contributing factors in memory failure that has led to HRVD. When children are left behind, researchers believe that competing interests are at play in three parts of the brain: the basal ganglia, hippocampus and prefrontal cortex. The basal ganglia is the part of the brain that remembers and enacts the familiar and routine, enabling you to do things as if on autopilot. The hippocampus holds our immediate memories and the prefrontal cortex is responsible for thinking and analyzing.

When things run smoothly, the brain—and therefore the person—can multi-task fairly well. But add stress, sleep deprivation, change in routine, and/or distractions and the ability to multi-task is diminished. Then the basal ganglia dominates, meaning the person continues on auto-pilot, with less access to immediate memory. As parents know, life with newborns and small children is full of stress, sleep deprivation and distractions. And young children, especially babies, often fall asleep in their car seats; becoming quiet, unobtrusive little passengers. And sadly, for babies with rear-facing seats, the seat looks the same from the front—whether occupied or not.

### Kids Playing in Cars

Thirty percent (30%) of HRVD cases involve children who have been playing unsupervised in or around cars or trucks and become trapped with deadly consequences. Some of these children are unable to use the lock system or door releases to open the doors of the automobile and others become trapped when hiding in the trunk.



What to do to prevent heat-related vehicular deaths for children:

- Never leave a child unattended inside a motor vehicle—even if the air-conditioning is on or a window is cracked.
  - Never let children play in or around a parked car, keep it locked even in your garage.
  - Have a visual cue, you can keep a teddy bear in the car seat when it's empty but place it upfront when your child is riding in their car seat.
  - Make it a habit to open the back door and look in the backseat of your vehicle before locking the doors and walking away.
  - Make it routine to put your handbag, wallet, cell phone or laptop on the floor of the backseat.
  - Arrange to have your daycare provider call you if your child has not been dropped off within 30 minutes of your usual routine.
- If you normally bring your child to daycare, and your spouse happens to take the child instead, have your spouse or partner call you to verify the child arrived safely at daycare.
  - If you see a child left alone in a car, call the police or 911 immediately, if the baby is in distress, or it is hot outside, break the window farthest away from the baby.
  - Get active; go to KidsAndCars.org to find out how you can support manufacturers' use of child warning systems.

For more information on keeping children safe in and around motor vehicles, visit [www.KidsAndCars.org](http://www.KidsAndCars.org)

>> Read "Fatal Distraction," a 2010 Pulitzer Prize winning article by Gene Weingarten of *The Washington Post*.  
<http://www.washingtonpost.com/wp-dyn/content/article/2009/02/27/AR2009022701549.html?sid=ST2009030602446>

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### Become a Fan: Stay Informed

<http://www.facebook.com/fairfaxcountypolice>

The Fairfax County Police Department is launching new outreach tools—a Facebook Fan page and a new police emergency alert network. The Department encourages the public to help keep their families and neighborhoods safer by staying informed and aware.

Coordinated by the Police Public Information Office, the agency launched a fan page on the social networking site juggernaut, Facebook on April 7. A variety of police information and announcements have been posted everyday since. So far, over 500 residents have joined the group. With over 400 million Facebook users nationwide, the networking site enables users to stay better connected to friends and the communities where they work and live. There is no cost to join Facebook, but to become a fan users must sign up.

In partnership with the County's Office of Emergency Management, the public is also invited to sign up to receive police alerts on a variety of their electronic devices. A new public safety category on the Community Emergency Alert Network (CEAN) enables the police to send geographically targeted alerts, to include timely information on significant criminal incidents in neighborhoods and important announcements.

There is no cost to sign up to receive the alerts and residents may sign up at <https://www.fairfaxcounty.gov/cean/>. New users may register using several addresses, such as their home, work, child's school, or any others that may be of interest to them. Existing users may sign up for police alerts by editing their current profiles. Most police alerts will occur within minutes of an incident. Initial details of a criminal incident can be difficult to determine; follow-up messages of clarification may be necessary. Police ask that the public not take action on their own, but to call 9-1-1 or follow the message's instruction, if they have vital information to report.

For more information on the police department, visit [www.fairfaxcounty.gov/police](http://www.fairfaxcounty.gov/police). Visitors are encouraged to visit the newsroom page to receive news releases via email and view police department YouTube® videos. A newly designed television show about the police department "On the Beat" may be viewed on demand from the site as well.



*In support of the police initiative, the nonprofit organization, **Fairfax County Crime Solvers**, also launched a Facebook page in March. On its main website and Facebook page, Crime Solvers—a volunteer organization that exists to aid Fairfax police in apprehending fugitives and other at-large suspects—regularly posts photos of parents who are accused of failing to pay court-ordered child support.*

*"Websites are tools for getting information out to the public, but they are primarily a one-sided form of communication," said Broderick, who also coordinates Crime Solvers' online presence as its police liaison. "Social networking sites are wonderful because you can see the comments people put up. If somebody recognizes a fugitive, they have the ability to immediately come right back and say, 'Hey, I know this person and I know where they are.'"*

Source: This NEWSRELEASES-FCPD is provided by the government of Fairfax County, VA, <http://www.fairfaxcounty.gov/>

**MPO A. E. Eggers-NREMT-P**  
Fairfax County Police Department  
Franconia District Station  
Crime Prevention Unit  
6121 Franconia Road  
Alexandria VA 22310

## CEAN Updated to Include Police Reports

<https://www.fairfaxcounty.gov/cean/>

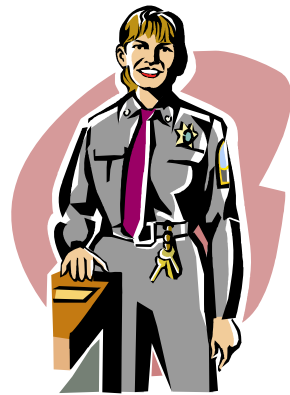
In addition to using social networking sites, County police added the Community Emergency Alert Network (CEAN) on April 19 to their alert system. Fairfax residents who subscribe to CEAN will now also be notified of police matters that are occurring in specific neighborhoods.

"You sign up via zip code up to to 4 or 5 zip codes can be chosen (i.e. work, home, church, child's school) and then you enter a email address or cell phone number and when high profile police events occur then notification is sent to those cell phone or email address that have advised they wanted notification from those specific areas," explained Officer Eggers.

Note: **CEAN Alerts** also include important emergency alerts, notifications and updates during a major crisis or emergency, in addition to day-to-day notices about weather and traffic in Northern Virginia only. **Capital Alerts** provides emergency alerts from the tri-state region: Virginia, Maryland, and DC. A link for Capital Alerts is on the home page of CEAN Alerts.

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## Volunteer Police Programs



Every year since 1983, Fairfax County area residents contribute significant hours of their own time volunteering with the Fairfax County Police Department. Members of the department's Volunteers in Police Service (VIPS), Auxiliary Police Officers (APOs) and alumni from the Citizens Police Academy come from a variety of backgrounds and offer a plethora of skills and abilities to the agency while providing a great cost benefit to the county.

In 2008, the VIPS and APOs saved the county close to \$2 million dollars. Police volunteers are a vital part of the department and assist in various capacities ranging from administrative support, photographers, child safety seat inspections to helping patrol the streets. They also serve an important role in staffing the FCPD Canteen, which provides officers with snacks and hydrating drinks at major, hours- or days-long police scenes.

On Friday, April 16, almost 100 police volunteers received recognition for their dedication and contribution to the Fairfax County Police Department. "We award those enthusiastic volunteers that aid and support the police department's mission and more importantly the police officers who serve their communities" says Donna Spiewak, VIPS coordinator.

Awards presented at the ceremony include:

- Awards for 500 up to 10,000 committed hours to the department
- Lifetime Award (10,000 or more service hours)
- President's Call to Service Award (4,000 or more service hours)
- Joyce McDermott Award for Outstanding Auxiliary Police Officer
- 25 years or more of service to the department (Auxiliary Police Officers)
- VIPS/APOs of the Year for Patrol, Administration, Crime Prevention and Training
- Innovative Project Award for the FCPD Canteen Team

To learn more about our police volunteer programs, just visit the Fairfax County Police website (search by keyword: VIPS, APO, Citizens Police Academy); or go directly to:

- VIPS, <http://www.fairfaxcounty.gov/oem/citizencorps/vips.htm>
- APO, <http://www.fairfaxcounty.gov/police/jobs/auxiliarypoliceofficer.htm>
- Citizens Police Academy, <http://www.fairfaxcounty.gov/police/services/citizens-policeacademy.htm>

MPO A. E. Eggers-NREMT-P  
Fairfax County Police Department  
Franconia District Station  
Crime Prevention Unit

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## EVENTS

### Farmers' Markets

May – October

<http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm>

Visit any one of the county's 12 open-air farmers' markets and enjoy the vibrant colors and fragrances of freshly picked fruits, vegetables, and cut flowers. You'll also find baked breads, meats, artisan cheese and yogurts, and freshly popped popcorn.

Gardeners may choose from a wide array of herbs and other small plants to liven up their plots. Most markets host a Fairfax County Cooperative Extension Master Gardener Plant Clinic. Environmentalists take note: All products at the farmers market are produced within 125 miles of Fairfax County.



- **Kingstowne Farmers Market**  
**Fridays, May 7 - October 29**, 4:00 pm - 7:00 pm  
Kingstowne Town Center near the Sunoco Gas Station
- **Lorton Farmers Market**  
**Sundays, May 2 - October 31**, 9:00 am - 1:00 pm  
Lorton VRE Station Parking Lot, 8990 Lorton Station Boulevard, Lorton, VA 22079

### Solid Waste Public Forum

**Tuesday, May 18**, at 7 pm

Fairfax County Government Center, Conf. Rms 2 and 3, 12000

Government Center Parkway, Fairfax

[www.fairfaxcounty.gov/recycling](http://www.fairfaxcounty.gov/recycling)



The Fairfax County Solid Waste Management Program will host a forum for Fairfax County residents to learn more about the county's integrated municipal solid waste management system; to address questions about the management of trash and recyclables in Fairfax County; and to hear feedback and suggestions for improving our services. Topics for this year's Solid Waste Public Forum will include updates on Fairfax County's recycling program, the Energy/Resource Recovery Facility, and the county's two disposal facilities, the I-66 Transfer Station and the I-95 Landfill Complex.

### FREE! Stroke Risk Assessment & Blood Pressure Screening

**Thursday, May 13**, 10 am - 1 pm

Lee District RECenter

<http://www.fairfaxcounty.gov/parks/rec/leerec.htm>

### BBHCA Community Yard Sale

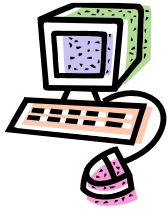
**Saturday, June 5**, 8 am – 1 pm

[www.bbhca.org](http://www.bbhca.org)

Whether you are looking to sell items you no longer need or find a good deal on items you do need, our community yard sale is the time and place to make the match! Download the map of participating homes and sale items during the week of the sale and go for the treasure!



**Rain date:** Sunday, June 6



## LINKS TO KEEP

### Small Business Calculators

<https://www.navyfederal.org/calcs/index-biz.html>

You don't have to be a member of this credit union to access their online small business calculators, including ones that will help you determine: How can I reach my target profit margin? How do I calculate a Like Kind Exchange? or What's the gain/loss on a deferred payment sale? Click the link above for these and more!

### How to Walk Your Dog

<http://www.dogbreedinfo.com/articles/dogwalk.htm>

"Walk your dog, do not let your dog walk you. If you allow your dog to walk in front of you while on a lead you are reinforcing in the dog's mind that the dog is alpha over you. Leader goes first. This can lead to many behavioral issues that some regard as a "Breed Trait" or "Personality" when actually it is just your dog in charge of it's humans..."



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### BBHCA 2009–2010 Board

President: Jeannie Henry [president@bbhca.org](mailto:president@bbhca.org)

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### eNews

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This electronic newsletter is sent to current members of the Brookland-Bush Hill Civic Association (BBHCA). If you do not wish to receive this or any other e-mails from BBHCA, respond to [eNews@bbhca.org](mailto:eNews@bbhca.org) and enter "unsubscribe" in the subject line. The views expressed in eNews do not necessarily reflect the views of the Brookland-Bush Hill Civic Association or its Board of Directors.

## Brookland-Bush Hill Civic Association

Alexandria, VA 22310

[www.bbhca.org](http://www.bbhca.org)

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